

Body fat & hydration monitor scale  
INSTRUCTION MANUAL

EN



**SENCOR®**

SBS 3004BS

Before first use, please read all instructions contained in this user manual carefully, even if you are already familiar with using similar products. Only use this product in accordance with the instructions described in the user manual. Keep the user's manual in a safe place for future use.

Keep the original packaging, including the internal packing material, warranty card and proof of purchase receipt, at least for the duration of the warranty. If you need to ship this product back, pack it in the original cardboard box to ensure maximum protection during shipping or transport (e.g. when moving or when you need to send this product for repair)

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**IMPORTANT SAFETY NOTICE**

**READ CAREFULLY AND STORE FOR FUTURE USE.**

- 1) Carefully unpack the product and take care not to throw away any part of the packaging before you find all the parts of the product.
- 2) This product must not be used by persons (including children) with physical or mental impairments or by inexperienced persons, unless properly trained or schooled in the safe use of the product or unless they have been properly supervised by a qualified person who will be responsible for their safety.
- 3) Children must be supervised to ensure that they do not play with the product.
- 4) Under no circumstances should you repair or alter the product yourself. Entrust all repairs and adjustments to a specialised company/service. Tampering with the product during the warranty period may void the warranty.
- 5) Never use this product if you have wet feet. Danger of injuries from slipping
- 6) Do not use the product in an environment where flammable or volatile substances are stored.
- 7) Do not expose the product to extreme heat, direct sunlight and excessive humidity and do not place it in an overly dusty environment.
- 8) Do not place the product near heaters, open fires or other equipment that are sources of heat.
- 9) This product is designed for household use. Do not use it in industrial surroundings or outdoors!
- 10) Do not use the product for purposes other than those intended.
- 11) Do not spray the product with water or any other liquid. Do not pour water or any other liquid into it or submerge it in water or any another liquid.
- 12) Never jump on the product.
- 13) Do not use rechargeable batteries to power this product.
- 14) The scale is designed only for the weighing of people.
- 15) If you will not be using the product for an extended period of time, remove the batteries. If you do not do so, the batteries may leak and damage the product.
- 16) The manufacturer takes no responsibility for damages caused by the incorrect use of the product and its accessories (food spoilage, injuries, burns, scalding, fire, etc.).

## INTRODUCTION

This personal „fitness“ scale uses bioelectric impedance analysis (bioimpedance) to measure the percentage of fat, muscle, bone and water content in the body.

In this measuring method, a weak electric current passes through the body, which is transmitted and subsequently received by sensors located on the surface of the scale. There are two sensors which are separated in such a way that the measuring circuit is completed when both feet are standing on the scale. This very weak current is completely safe for the human body and cannot be felt.

The actual measurement methodology is based on the fact that it is easier for electric current to pass through the liquid in our muscles than through fat.

On average the human body contains 45–85 % water, whereas muscles contain approximately 90 % water and fat tissue contains approximately 45 % water.

 **Attention:** For this reason the percentage sum of the individually measured values may exceed 100 %. This means that the measured percentage values of fat, muscle and water content CANNOT BE ADDED UP because both fat and muscle contain water.

With increasing age the water content in the body declines, whereas infants may have a water content in their body of up to 85 %. With increasing age the body's proteins dehydrate and extracellular fluid is lost. For this reason, older people have a water content in their body below the 55 % level. Productive age men have an average body water content of 62 % and women 56 %. The lower value for women is the result of their higher fat content.

The normal fat tissue range for men represents 10–20 %. For physiological reasons, women have a fat level of 18–28 %. The percentage of fat increases with age, e.g. a level of 33–35 % is tolerated in women over 50 years of age.

### Measurement of muscle mass

The percentage of muscle mass in the human body is calculated on the basis of subtracting electrical resistance during measurement, where the fact that the human body contains a certain percentage of water at a certain age is used. The entered gender, age and body height help to increase the accuracy of the overall measurement process.

### Measurement of fat tissue

The difference between the body weight and the measured muscle mass is used to calculate the percentage of fat tissue contained in the body. Body fat functions as an insulator (reduces the ability of electric current to pass through) and therefore cannot be calculated directly.

### Measurement of water content

The percentage of water contained in the human body is calculated by subtracting electrical resistance during measurement, where the fact that electric resistance is directly proportional to the water content in the human body is used. The entered gender, age and body height help to increase the accuracy of the overall measurement process.

It is not recommended for use of any medical purpose. Please always consult your doctor for advise of medication or diet in order to achieve ideal weight level.

Pacemaker users/wearers, or other medical implants with electronic components, are not recommended to use this scale. Implant performance may be jeopardised and impaired.

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To prevent interference, do not use the device in environment near equipment with strong electro-magnetic field. Always keep a good distance from such equipments when operating the scale, or simply turn off those equipments radiating strong electro-magnetic fields before operating.

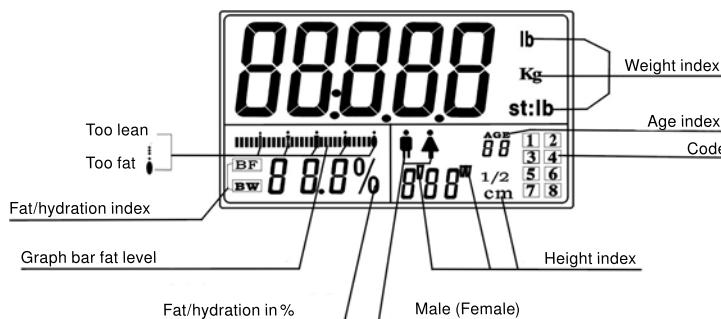
## FEATURES / SPECIFICATIONS:

### 1. Memory, Gender, Height, Age settings

PARAMETER	DEFAULT SETTING	RANGE
Memory	1	1 to 8
Gender	Male	Male/Female
Height	165 cm	100 cm - 250 cm
Age	25	10-99

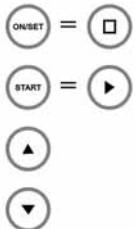
1. Max. Weighing Capacity: 150 kg/330 lb/24 stone
2. Min. Weighing at: 2.0 kg/4.4 lb
3. Weight Measuring Division: 0.1 kg/0.2 lb
4. Kg/Lb/Stone convertible
5. Body Fat measure range: 4.0-45.0 %
6. Body Fat differential resolution in %: 0.1 %
7. Hydration measure range: 37.8-66.0 %
8. Hydration differential resolution in %: 0.1 %
9. Main LCD digit size: 1.0"(26mm)
10. Auto-zero, auto-off
11. Low battery power indication ('LO')/Overload indication ('Err')
12. Power: 1 x 9 V battery

## LCD SEGMENTUM / ICONS ILLUSTRATIONS:



By the lower edge of the LCD, you will see a key line segments of multiple vertical bars. This key line serves to give an indication of your Fat% level, telling where your fat level standing is comparing to the statistics norms. Whether you are considered as underweight, normal, or overweight. You can take this indication as a reference data of your condition.

### INITIAL PREPARATION:



#### INITIAL PREPARATION:

: On/Set switch

: Start switch

: UP arrow press switch

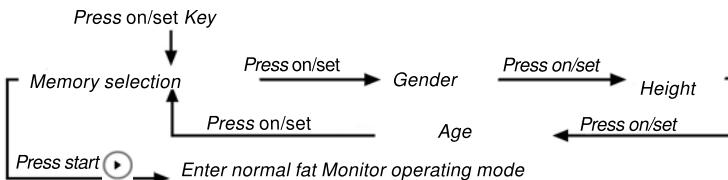
: DOWN arrow press switch

1. Install 1 x 9 V battery into the compartment underneath the main scale unit.
2. Place the unit on a dry, flat and solid ground surface, ensure the unit is standing stable. Avoid carpet, or wavy ground surface.

### FAT MONITOR SCALE OPERATION:

#### Initial Set Up:

1. Press button „on/set“ Key to wake up the unit. All LCD segmentum light up briefly and prompt to setting mode starting from Memory selection. By pressing button „on/set“ key again will take you through cycle of setting all parameters. See following illustration:



- a. Press Up I Down Arrow ( $\blacktriangle\blacktriangledown$ ) button to advance I reverse to the memory station which you would like to choose or has been designated to you. Press (on/set button to confirm setting, LCD will prompt to next parameter setting (Gender) at the same time.
- b. Press Up I Down Arrow ( $\blacktriangle\blacktriangledown$ ) button to advance I reverse to choose the gender of your type. Press (on/ set button to confirm setting. LCD will prompt to next parameter setting (Height) at the same time.
- c. Press Up I Down Arrow ( $\blacktriangle\blacktriangledown$ ) button to advance I reverse to the adjust to your height level. Press (on/ set button to confirm setting, LCD will prompt to next parameter (Age) at the same time.
- d. Press Up I Down Arrow ( $\blacktriangle\blacktriangledown$ ) button to advance/reverse to adjust to your age. Press (on/set button to confirm setting. LCD will prompt to Memory setting. All setting complete!!!

At this point, you can continue to press (on/set button a few consecutive times to re-cycle through the setting mode to review and assure all the parameters are correctly set.

- e. Press (start  ) button to exit setting mode and enter normal Fat monitor operating mode. LCD will prompt to '0.0 kg' (or '0.0' lb). You are ready to weigh yourself, and let the scale compute your Fat %, Hydration %
2. Step on the scale gently (ensure to remove your socks & shoes, wipe clean your feet & the weighing platform to get the best conductive effect). While stepping on, align your feet to the metal conductive pads. Ensure your feet are standing apart not touching each other (to avoid short circuit)

If you step on the scale too late after the LCD auto-off, simply press the (on/set  ) button again, wait till LCD prompt to show your current settings. Then press (start  ) button again to re-enter normal fat monitor scale operation mode.

3. As soon as you step on the scale, the upper side area of the LCD will immediately display incrementing digits till it stabilises, locked & flashes, indicating your current weight.
4. Within a few seconds, the scale will automatically compute your Fat % and Hydration %. In the lower left corner ,LCD will prompt to show the measuring process and result of your Fat % (icon "BF") and hydration % (icon-"BW"). Subsequently, LCD will prompt back and forth alternately between value of Fat % and hydration % for 5 times, and then automatically shut down.



**NOTE:**

Whenever pressing (on/set  ) button, turning on the unit for fresh operation, you can always go through the same steps from Illustration (a) to (e) to verify or adjust all personal data and previous measured records, before measuring for new records.

**NORMAL WEIGHING SCALE OPERATION:**

To use as General Weighing Scale (Disregard of any parameter setting for Fat / hydration %).

1. Turn on the unit by slight tap on the lower right corner of the platform of the scale. LCD will wake up and prompt to General Weighing Mode, showing "0.0 kg" (or "0.0 lb")
2. Step on the scale gently (Do not jump on the scale ). As soon as you step on the scale, LCD will immediately display incrementing digits till it stabilises followed by flashes and then locked digits, showing your weight value. After a few seconds, LCD will automatically shut down.

**ERROR & OTHER LCD MESSAGE:**

LCD may show occasionally error message ' Err'. Simply turn off the unit for a brief moment, or remove and re-install battery as a total re-set. Then turn on again to resume operation.

1. All segmentum lit up unanimously:  
Indicating all segmentum performing correctly.
2. "----": Strain gauge sensor zero point setting too low below lower range.  
Can not operate properly.
3. " Err ": Overload, or strain gauge sensor zero point too high beyond upper range.
4. " LO ": Main unit battery power running low.
5. " Err- h": The computed Fat % rate too high above range of upper limit.
6. " Err-L ": The computed Fat % rate too low below range of lower limit.

**MAINTAINING & CLEANING PROPER USAGE:**

1. Use a dry, soft fabric to clean the device. Or take a lightly damp soft fabric with mild detergent to wipe clean the device. Do Not use strong chemical solution as alcohol, benzene for cleaning.
2. It could be slippery when the unit platform surface is wet, or semi-damp. Ensure the weighing platform surface is dry before using for safety reason.
3. Always weigh/use the same scale on a hard flat surface. Do not use on carpets, mats. Remove the battery if the scale is not going to be used for a long period of time.
4. Do not drop the device, or jump on the device when using. Avoid strong impact and sudden shake as it is a precision measuring device. The construction is delicate and sensitive to all unwanted external impact.
5. Do not insert any exterior objects into any openings on the unit.
6. Do not attempt to open the unit to fix & repair. This will invalidate the guarantee.
7. If fail to turn on the unit, check whether battery had been installed, or battery power is too low. Insert or replace new battery. Or contact your dealer for consultation.
8. If there are some error on the display or can not turn off for a long time, please take off the battery for about 3 seconds. Then encase it again to remove the soft-fault.
9. Improper use of the scale unit for purpose other than normal weighing, or exposing the unit to electro-magnetic wave which leads to loss of data will not be covered by our warranty/guarantee, nor our company be liable for any of such loss or mishap.

**REFERENCE INFORMATION:**

The evaluated body fat result is based on a standardised measuring method. It is calculated by a correlated formula developed on basis of extensive scientific studies. The hydration contact in the lean muscle affects measuring result. Individual habits and lifestyle will affect balance of hydration level. Other factors, like following may affect hydration balance:

After a bath, readings can be lower.

After a meal or drinking readings can be higher.

During ladies menstruation period can be fluctuated/inconsistent.

Loss of hydration by illness, strenuous physical activities that cause heavy sweats and dehydration.

Table below gives estimated physical status relating to the indicated Fat% / Hydration % from the scales.

Age	Female Fat %	Female Hydration %	Male Fat %	Male Hydration %	Status	Key line indication
below 30	4.0-16.0 %	66.0-57.8 %	4.0-11.0 %	66.0-61.2 %	too lean	
	16.1-20.5 %	57.7-54.7 %	11.1-15.5 %	61.1-58.1 %	lean	·
	20.6-25.0 %	54.6-51.6 %	15.6-20.0 %	58.0-55.0 %	normal	·      ·
	25.1-30.5 %	51.5-47.8 %	20.1-24.5 %	54.9-51.9 %	high	·      ·      ·
	30.6-45.0 %	47.7-37.8 %	24.6-45.0 %	51.8-37.8 %	very high	·      ·      ·      ·
above 30	4.0-20.0 %	66.0-55.0 %	4.0-15.0 %	66.0-58.4 %	too lean	
	20.1-25.0 %	54.9-51.6 %	15.1-19.5 %	58.3-55.3 %	lean	·
	25.1-30.0 %	51.5-48.1 %	19.6-24.0 %	55.2-52.3 %	normal	·      ·
	30.1-35.0 %	48.0-44.7 %	24.1-28.5 %	52.2-49.2 %	high	·      ·      ·
	35.1-45.0 %	44.6-37.8 %	28.6-45.0 %	49.1-37.8 %	very high	·      ·      ·      ·

PLEASE READ FOLLOWING NOTES CAREFULLY FOR PROPER UNDERSTANDING OF THE APPLICATION/SIGNIFICANCE OF THE DEVICE:

1. The Fat%/Hydration% content evaluated by the Fat Monitor Scale is only for reference. The physical outlook of body does not necessarily gives congruent Fat%/Hydration% readings, nor the same physically built persons of same age and sex should give the same readings. Please consult one's doctor to determine the best condition of body Fat/Hydration percentage that one should achieve.
2. Body Fat Scale is not suitable for people of following conditions to use:
  - \* Children under 10, and adults over 99
  - \* People with symptoms of fever, edema, osteoporosis.
  - \* People on dialysis treatment.
  - \* People taking cardiovascular medicine.
  - \* Being Pregnant
  - \* Athletes who undertake more than 10 hours of intensive sport activity.
  - \* Those with heart pulse rate under 60 beats/minute.

#### **BATTERY REMOVAL AND DISPOSAL**

This product includes one 9 V alkaline battery. When the battery power is off, it should be removed from the appliance and recycled in accordance with state laws. The battery must not be incinerated or composted. Please call your nearest recycling centre for information on recycling and disposal of batteries.

We reserve the right to change the text and technical specifications

**INSTRUCTIONS AND INFORMATION REGARDING THE DISPOSAL OF USED PACKAGING MATERIALS**

Dispose of packaging material at a public waste disposal site.

**DISPOSAL OF USED ELECTRICAL AND ELECTRONIC EQUIPMENT**

The meaning of the symbol on the product, its accessory or packaging indicates that this product shall not be treated as household waste. Please, dispose of this product at your applicable collection point for the recycling of electrical & electronic equipment waste. Alternatively in some states of the European Union or other European states you may return your products to your local retailer when buying an equivalent new product. The correct disposal of this product will help save valuable natural resources and help in preventing the potential negative impact on the environment and human health, which could be caused as a result of improper liquidation of waste. Please ask your local authorities or the nearest waste collection centre for further details. The improper disposal of this type of waste may fall subject to national regulations for fines.

**For business entities in the European Union**

If you wish to dispose of an electrical or electronic device, request the necessary information from your seller or supplier.

**Disposal in other countries outside the European Union**

If you wish to dispose of this product, request the necessary information about the correct disposal method from local government departments or from your seller.



This product meets all the basic EU regulation requirements that relate to it.